

Abstract

Food products

The invention provides a kit for preparing salads comprising at least one ingredient (I) which is cooked and at least one fruit, vegetable or cereal product, wherein the kit comprises; a flavoured cooking paste for cooking ingredient(I), which cooking paste comprises from 40 to 80%wt fat, based on the weight thereof, and a dressing for contacting with the at least one fruit, vegetable or cereal product, which dressing comprises from 0 to 60%wt fat based on the weight thereof. The kit provides an easy and convenient of preparing tasty, healthy salads comprising a cooked food ingredient. A method of making a salad using the kit and also the salad prepared from the kit is also provided.